

# January 2022

## Daybreak Daily Schedule

7:30 Coffee and Socialization	1:45 Gross Motor Game
9:15 News/ Reading	2:15 Fitness
9:30 Fitness	2:30 Snack
10:00 Bingo	3:00 Fine Motor Activity
11:00 Reminisce	3:30 Thinking Activity
11:45 Lunch	4:00 PM Socialization
12:45 Relaxation	

\*Schedule is subject to change



Monday	Tuesday	Wednesday	Thursday	Friday
3 AM Fit: Light N Lively Gross Motor: Ring Toss PM Fit: Simply Stretch Fine Motor: Shapingo	4 AM Fit: Seatworks A Gross Motor: Bullseye PM Fit: Latin Soul Fine Motor: Animal Sounds Bingo	5 AM Fit: Fittersitters <b>JAZZ MUSIC</b> Gross Motor: Big Cheese PM Fit: Stars and Stripes Fine Motor: Pokeno	6 AM Fit: Seatworks B <b>CRAFT</b> Gross Motor: Knock Down Cans PM Fit: Favorites Fine Motor: Dice Bingo	7 AM Fit: Sittercise A <b>MOVIE</b> Gross Motor: Baseball PM Fit: Sittercise B Fine Motor: Pool
10 AM Fit: Light n Lively Gross Motor: Basketball PM Fit: Greatest Hits Fine Motor: USA Bingo	11 AM Fit: Sittercise A <b>PAWS FOR LOVE</b> Gross Motor: Bowling PM Fit: Gentle Exercise Fine Motor: Card Match	12 AM Fit: Sittercise B <b>JAZZ MUSIC</b> Gross Motor: Ring Toss PM Fit: Favorites Fine Motor: Bingo	13 AM Fit: Seatworks A <b>CRAFT</b> Gross Motor: Bean Bags PM Fit: Simply Stretch Fine Motor: Dice Bingo	14 AM Fit: Seatworks B <b>MOVIE</b> Gross Motor: Balloon Toss PM Fit: Sit down and Tone up Fine Motor: Shapingo
17 <b>DAYBREAK CLOSED</b> <b>Martin Luther King, Jr. Day</b>	18 Am Fit: Sittersize A Gross Motor: Wild West Target PM Fit: Favorites Fine Motor: Shapingo	19 AM Fit: Sittersize B <b>JAZZ MUSIC</b> Gross Motor: Frogs and Turtles PM Fit: Simply Stretch Fine Motor: Bingo	20 AM Fit: Seatworks A <b>CRAFT</b> Gross Motor: Golfing PM Fit: Stars and Stripes Fine Motor: Puzzles	21 AM Fit: Light N Lively <b>MOVIE</b> Gross Motor: Tennis Ball Target PM Fit: Greatest Hits Fine Motor: Dice Bingo
24 AM Fit: Sittercise Gross Motor: Ring Toss PM Fit: Sit Down and Tone Up Fine Motor: Shapingo	25 AM Fit: Fittersitters Gross Motor: Basketball PM Fit: Simply Stretch Fine Motor: Coloring	26 AM Fit: Seatworks A <b>JAZZ MUSIC</b> Gross Motor: Big Cheese PM Fit: Latin Soul Fine Motor: Bingo	27 AM Fit: Seatworks B <b>CRAFT</b> Gross Motor: Bowling PM Fit: Favorites Fine Motor: Dice Bingo	28 AM Fit: Light N Lively <b>MOVIE</b> Gross Motor: Knock Down Cans PM Fit: Stars and Stripes Fine Motor: Puzzles
31 AM Fit: Whoga Gross Motor: Bowling PM Fit: Chair Yoga Fine Motor: Dice Bingo				